



CONSCIOUS YOUTH BEHAVIOURS.
IN EMERGING REALITIES

Non-formal education practices: Social Media Challenges

R2 CYBER TOOLKIT



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#10	Perilous Trends: Unmasking the Dangers of Social Media Challenges
Threat(s)	Social Media Challenges
	Social media challenges refer to viral trends, activities, or dares that circulate on the internet and encourage individuals to participate in various tasks, often with the goal of gaining attention, recognition, or entertainment. While online challenges can foster creativity, connectivity, and community engagement, they also present risks and challenges that require proactive measures to safeguard individuals' safety, privacy, and well-being in the online environment. Therefore, while some online challenges may be harmless or light-hearted, others pose serious risks to participants' physical, mental, or emotional well-being.
Typology	Group discussion
Duration	45 minutes
Modality	In-presence [classroom setting]
Aim	This practice aims to equip participants with the skills and knowledge necessary to critically evaluate the safety and consequences of social media trends and make safe and informed decisions. It focuses on raising awareness among students about the potential risks of participating in social media challenges and fostering a supportive environment where students feel comfortable discussing peer pressure and online safety.
Learning Objectives	<p>Identify various dangerous social media challenges and understand their risks.</p> <p>Develop strategies to resist peer pressure and make informed decisions about participating in online activities.</p> <p>Recognise the importance of reporting dangerous content and supporting peers in making safe choices.</p>
Trainee profile	Participants aged 15-18 years, with basic digital navigation skills. No specific prerequisites, but curiosity about digital media and online interactions is beneficial.
n° participants	20-30
Materials	<p>Projector for videos and presentations.</p> <p>Slideshow presentation on social media challenges.</p> <p>Short videos on recent dangerous social media challenges and their impacts.</p> <p>Cards depicting various social media challenges. [See Annex. Dangerous Social Media Challenges cards]</p> <p>Discussion cards to analyse the social media challenges. [See Annex. Discussion cards]</p> <p>Whiteboard and markers.</p>

<p>Preparation</p>	<p>Gather examples of recent dangerous social media challenges.</p> <p>Select short videos on recent dangerous social media challenges and their impacts (see Resources).</p> <p>Set up a presentation on social media challenges.</p> <p>Prepare cards with examples of dangerous social media challenges.</p> <p>Prepare discussion cards with scenarios and questions.</p> <p>Arrange seats in small groups to facilitate discussion.</p>
<p>Implementation</p>	<ol style="list-style-type: none"> 1. Introduction (10 minutes): briefly introduce the topic of social media challenges; show the videos and the presentation highlighting recent dangerous challenges and their consequences; explain the aim and objectives of the lesson. 2. Group Activity: Discussion Cards (20 minutes): divide students into small groups and distribute to each group two different types of cards: cards depicting dangerous social media challenges and cards with scenarios and questions. Allow each group to discuss their card and then share their thoughts with the class. 3. Class Discussion (10 minutes): reconvene as a whole class and discuss the key points from each group; write important points on the whiteboard; encourage students to think critically about the motivations behind participating in challenges and the possible consequences. 4. Q&A and Conclusion (5 minutes): allow time for students to ask questions; summarize the main points of the lesson; emphasise the importance of making safe choices and looking out for each other.
<p>Tips and hints</p>	<p>Use real-life examples to make the discussion relatable and impactful.</p> <p>Encourage open dialogue and active listening among students.</p> <p>Reinforce positive behaviour and critical thinking skills throughout the lesson.</p> <p>Be sensitive to students who may have had personal experiences with social media challenges.</p> <p>Adapt the content to the age and maturity level of the students.</p>
<p>Safety measures</p>	<p>Ensure a supportive environment where students feel safe to express their thoughts and concerns. This could include monitoring group discussions to prevent any negative or dismissive comments. Be prepared to provide additional support or resources for students who may have experienced pressure or participation in dangerous challenges.</p>
<p>Added value</p>	<p>Participants will gain knowledge and skills to navigate social media safely and enhance their critical thinking and decision-making abilities. The practice fosters informed digital citizenship and promotes a culture of peer support and responsible online behaviour.</p>
<p>Feedback and Evaluation</p>	<p>Conduct a short survey or ask for verbal feedback to gauge students' understanding and thoughts about the lesson.</p>

	<p>Use a quick quiz to assess students' ability to identify dangerous challenges and appropriate responses.</p> <p>Reflect on the effectiveness of the activities and make adjustments for future lessons based on student feedback.</p>
Conclusion	<p>Summarize the key takeaways: understanding the risks of dangerous social media challenges, recognising and resisting peer pressure, and knowing how to make safe decisions. Remind students that their safety and well-being are paramount and that they have support available if they need it. Encourage students to continue the conversation with friends and family about online safety and peer pressure. Motivate them to be mindful digital citizens and to help others make safe choices online.</p> <p>By following this lesson plan, educators can effectively address the issue of dangerous social media challenges, equipping students with the tools and knowledge to stay safe online.</p>
External reference and Resources	<p><i>How Teenagers Find Dangerous Social Media Challenges</i>. Retrieved from https://www.youtube.com/watch?v=hd4r7FjBQ8g&pp=ygU0SG93IFRlZW5hZ2VycyBGaW5kiERhbmdlcm91cyBTb2NpYWwgTWVkaWEgQ2hhbGxlbmdlcw%3D%3D</p> <p><i>Psychology Behind Dangerous Social Media Challenges</i>. Retrieved from https://www.youtube.com/watch?v=nUUhMdm0cME</p> <p><i>What you Need to Know about Harmful TikTok Challenges</i>. Retrieved from https://www.youtube.com/watch?v=OGTBhAW_AEY</p>
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Annex. Dangerous Social Media Challenges cards

Printout Informative Cards for " Perilous Trends: Unmasking the Dangers of Social Media Challenges"

Informative Card 1: The Plan B Pregnancy Test Challenge

This challenge calls for breaking open a basic over-the-counter pregnancy test and swallowing the tablet inside the test believing that it is a Plan B® drug. The hope is that they purchased a combination product — both a test and an emergency contraceptive sold together. One of the reasons a combination product is not sold is because it would not work. Plan B® needs to be taken soon after sex to prevent pregnancy, and a pregnancy test cannot detect a pregnancy until weeks later when it is too late to take Plan B®.

The tablet found in a pregnancy test is put there to absorb moisture and keep the contents dry. These moisture-absorbing items come in a variety of sizes and forms such as tablets, packets, and canisters and are used in packaging of vitamins, medicine, electronics, shoes, and many other products. Silica gel is the most common chemical used for this purpose and in most cases is not harmful. However, if swallowed it can be a choking hazard.

Informative Card 2: The Nutmeg Challenge

This challenge is when a person swallows the spice nutmeg in an attempt to get high. Often it's people who are incarcerated or young adults that use nutmeg when they can't get other preferred drugs. Nutmeg, and a variety of other spices and herbs, contains a naturally occurring chemical called myristicin. When taken in larger amounts it can cause stomach pain, nausea, vomiting, blurred vision, fast heart rate, agitation, and hallucinations. Other severe effects such as seizures and death can occur. The amount of myristicin in nutmeg varies between products, making it easy for a person to take too much. Some people have even been hospitalized from this trend.

Informative Card 3: The Tide Pod Challenge

The Tide Pod challenge is when a person eats a laundry detergent packet as part of a dare. Laundry packets contain detergents and chemicals that are highly concentrated. This makes the detergent very irritating in small amounts. When eaten, they can cause nausea and vomiting. Also, when a packet "pops" in a person's mouth, they can accidentally inhale some of the detergent into their lungs which can affect their ability to breathe normally. Eating laundry packets has caused hospitalizations and deaths.

Informative Card 4: The Salt Challenges

There are many social media challenges trending connected to salt. They include hiding a spoonful of salt in food to prank someone into eating it, swallowing salt before working out, or pouring large amounts of salt into their mouth as punishment after losing a bet.

Table salt consists of two elements put together, sodium and chloride. Both of these are needed for the body to function properly, but too much can be dangerous. Swallowing large amounts of salt can quickly cause nausea, vomiting, and diarrhea. As salt is absorbed more fully in the body, sleepiness, brain swelling, and seizures can occur. Since we use salt in food every day, many people do not realize how dangerous it can be. As little as a tablespoon in children and teens can be very harmful.

Informative Card 5: The Benadryl Challenge

This challenge occurs when a person takes more than normal amounts of Benadryl (diphenhydramine) in order to hallucinate. Diphenhydramine helps with symptoms of allergies but if too much is taken, it has side effects such as hallucinations, high blood pressure, high body temperature, agitation, and seizures. Several teenagers have needed hospitalization, and at least one death has occurred from this challenge.

Informative Card 6: The Cinnamon Challenge

This challenge encourages people to eat a spoonful of ground cinnamon without drinking any water. This results in coughing, choking, and irritation of the mouth, nose, and throat. Some people find it entertaining to watch. However, serious effects can happen when a person coughs and chokes on the powdered cinnamon and then accidentally inhales it into their lungs. Cinnamon can irritate the lungs and even cause pneumonia. Some people engaging in this challenge have required hospitalization to help them breathe.





Annex. Discussion cards to analyse dangerous social media challenges

Printout Discussion Cards for " Perilous Trends: Unmasking the Dangers of Social Media Challenges"

Discussion Card 1: The Plan B Pregnancy Test Challenge

1. What is The Plan B Pregnancy Test Challenge, and why do you think it became popular on social media?
2. What are the potential health risks and consequences of participating in this challenge?
3. Why is it important to understand the proper use of medications like Plan B?
4. How can you educate others about the dangers of this challenge and promote safe practices?

Discussion Card 2: The Nutmeg Challenge

1. What is The Nutmeg Challenge, and how is it typically carried out?
2. What are the potential health risks and side effects of consuming large amounts of nutmeg?
3. Why do you think some people participate in this challenge despite the dangers?
4. How can you spread awareness about the risks associated with The Nutmeg Challenge and discourage participation?

Discussion Card 3: The Salt Challenge

1. What is The Salt Challenge, and what does it involve?
2. What are the potential health risks and physical effects of participating in this challenge?
3. Why is it important to think critically before participating in social media challenges?
4. What actions can you take to prevent others from trying The Salt Challenge and similar dangerous activities?

Discussion Card 4: The Tide Pod Challenge

1. What is The Tide Pod Challenge, and how did it gain attention on social media?
2. What are the serious health risks and consequences of ingesting Tide Pods?
3. How can social media platforms and users work together to discourage dangerous challenges like this one?
4. What steps can you take if you see someone promoting or attempting The Tide Pod Challenge?

Discussion Card 5: The Benadryl Challenge

1. What is The Benadryl Challenge, and why is it dangerous?
2. What are the potential health risks and side effects of consuming large amounts of Benadryl?
3. How can you help raise awareness about the dangers of misusing medications for social media challenges?
4. What should you do if you suspect someone has participated in The Benadryl Challenge?

Discussion Card 6: The Cinnamon Challenge

1. What is The Cinnamon Challenge, and what does it involve?
2. What are the potential health risks and immediate dangers of attempting this challenge?
3. Why might people be tempted to participate in The Cinnamon Challenge despite knowing the risks?
4. How can you effectively communicate the dangers of The Cinnamon Challenge to your peers?

Annex. Evaluation Quiz to Identify and Respond to Dangerous Social Media Challenges.

Printout Quiz for " Perilous Trends: Unmasking the Dangers of Social Media Challenges"

True or False Question

A key indicator of a dangerous social media challenge is the endorsement of activities that have the potential to inflict significant physical or psychological harm on participants.

- A) True
- B) False

Answer: True

True or False Question

It is accurate to assert that challenges are classified as dangerous solely based on the presence of physical risks, excluding other factors such as psychological harm, emotional distress, or reputational damage.

- A) True
- B) False

Answer: False

Multiple Choice Question

When witnessing a friend or colleague engaging in a dangerous social media challenge that poses substantial risks to their safety or well-being, the most responsible course of action is to:

- A) Disregard the situation, assuming they are aware of the risks.
- B) Encourage them to continue with the challenge, despite the risks involved.
- C) Warn them about the potential dangers and inform a trusted adult or authority.
- D) Document and disseminate it on social media for broader visibility.

Answer: C)

Multiple Choice Question

If you come across a video that is actively promoting a dangerous and potentially life-threatening challenge on social media, the best approach, considering the safety of yourself and others, is to:

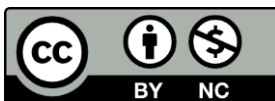
- A) Engage with the video by liking it and sharing it in an attempt to spread awareness.
- B) Report the video directly to the social media platform for violating safety guidelines.
- C) Attempt the challenge personally to gauge its level of danger.
- D) Post a detailed comment warning viewers of the potential risks associated with participating in the challenge.

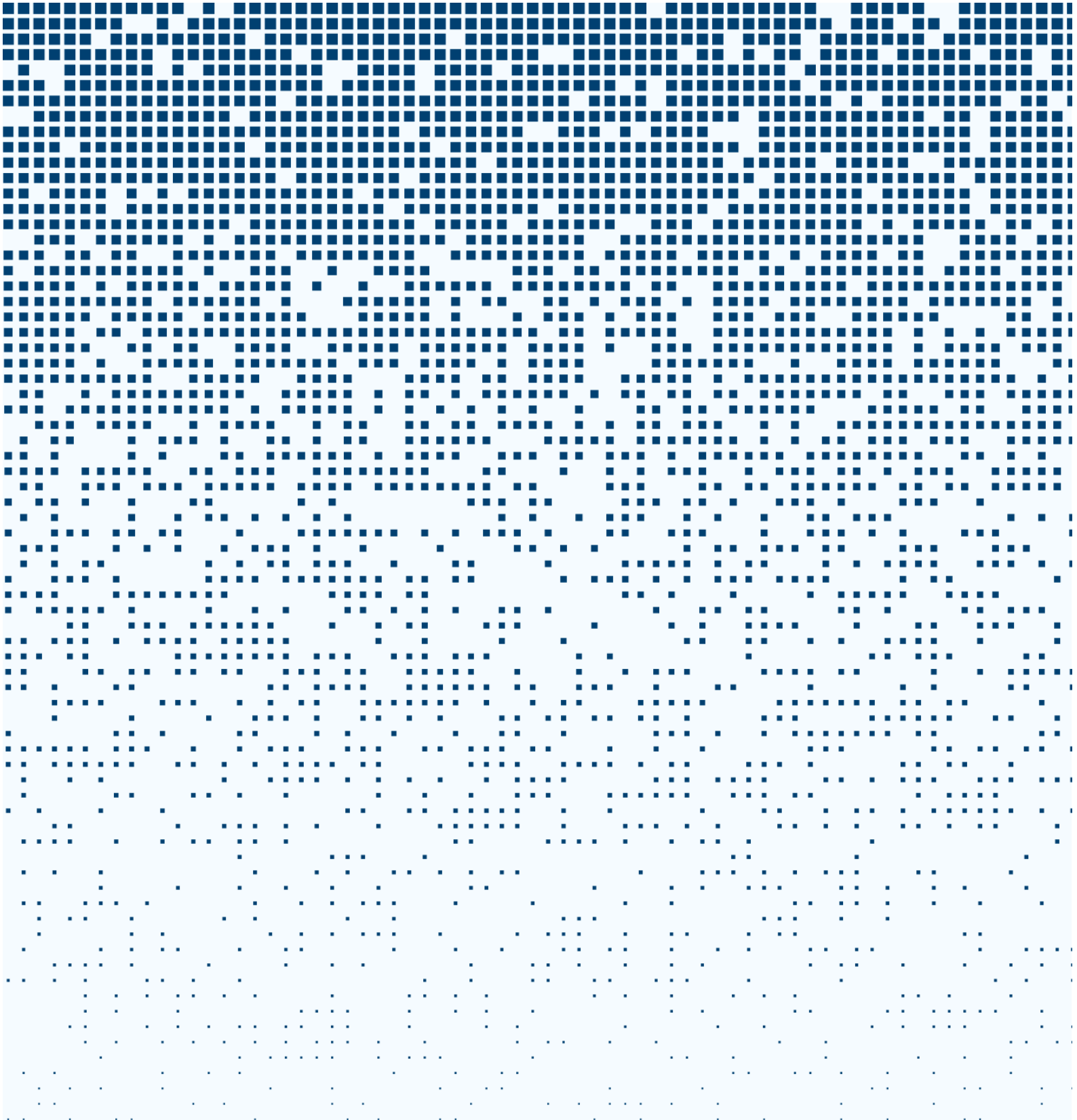
Answer: B)

Fill-in-the-Blank Question

Sharing a dangerous social media challenge without comprehending its associated risks may _____ the likelihood of others attempting it, inadvertently putting more individuals at risk.

Answer: increase





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Erasmus+ KA2 Cooperation Partnerships in School Education

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